

Abstract of the Disclosure

5 A resilient, insulated door panel for a sliding door includes a resilient core protected by a compliant outer covering with a seal disposed about the perimeter of the panel. The panel has sufficient resilience to recover from an impact that temporarily deforms it, yet has sufficient rigidity to transmit a compressive force needed for effectively setting the seals. Much of the core is filled with air to not only provide effective insulation and resilience, but to also provide an extremely lightweight door panel that can be operated to travel rapidly along an overhead track. Some embodiments include relatively rigid backup plates that provide a solid foundation to which the perimeter seals can be attached. The backup plates are segmented so as not to completely restrict the flexibility of the door panel.